

September 2020

3 WEEK SESSIONS

**Tuesday and Thursday
Saturday**



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Water Park

512 S. Frederick Avenue

Gaithersburg, MD 20877

PH – 301-258-6445

FAX – 301-258-6449



WATER EXERCISE

Registration begins August 26 (Residents /Aquatics Members) and **August 28** (Non Residents)

SCHEDULE OF CLASSES

SHALLOW (CHEST DEEP) WATER WORKOUT

Length: 45 minutes; Age: 16 to Adult

A low impact but high intensity water class where no swimming skills are needed. Exercises are performed in water that is chest deep and are designed to improve your fitness level from head to toe. Let the resistance of the water cushion your feet, knees and back while you improve your flexibility, strength, range of motion and muscle tone. These exercises are appropriate for all ages and are effective and easy to follow.

CLASS	STARTS	DAYS	TIME	LOCATION	# SESS	FEE
	9/1	TuTh	6:30pm	Water Park	6	\$40 (R)/ \$45 (NR)
	9/5	Sa	10am	Water Park	3	\$20 (R)/ \$23 (NR)

FEE KEY: R- Resident; NR- Nonresident

For specific class questions, please contact Nancy Brouillette at (301) 990-1846 or
by e-mail at info@wetyetwaterfitness.com

Register at <https://apm.activecommunities.com/gaithersburgmd/Home>

Please arrive to the facility ready to enter the water. Face masks must be worn at all times, except while in the water. Must bring your own equipment.